

# JULY

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
			1 AM- yogurt/granola PM- grapes/cheese sticks	2 AM- apples/pretzels PM- melon/goldfish crackers
5 AM- pancakes/banana PM- pb&j sandwich	6 AM- graham crackers/applesauce PM- trail mix/pineapple	7 AM -chex/raisins PM- hummus/pita	8 AM- bagel/fruit PM- triscuit/cheese	9 AM- breakfast bar/oranges PM- smoothies/graham crackers
12 AM- french toast sticks /strawberries PM- veggies/ranch/crackers	13 AM- cottage cheese /peaches PM- celery/peanut butter/raisins	14 AM- blueberry muffins PM- turkey/cheese	15 AM- fruit/pretzels PM- cheese quesadilla/olives	16 AM- yogurt/graham crackers PM- trail mix/pineapple
19 AM- applesauce/ graham crackers PM- pb&j sandwich	20 AM- melon/rice cakes PM-hummus/pita	21 AM- peaches/ cinnamon toast PM- turkey/cheese/ crackers	22 AM- chex/raisins PM- mac-n-cheeses/peas	23 AM-breakfast bars/oranges PM- melon/trail mix
26 AM-yogurt/granola PM- triscuits/sliced cheese	27 AM- oatmeal/ blueberries PM- peppers/crackers	28 AM-bagel/cream cheese PM- veggies/ranch/ crackers	29 AM- pancakes/banana PM- cheese sticks/melon	30 AM- grapes/breakfast bars PM- oranges/turkey/ sliced cheese

**PLEASE REMEMBER TO PUT ICE PACKS IN LUNCH BOXES SO FOOD STAY COOL AND DOESN'T SPOIL.**

**MILK AND WATER WILL BE SERVED AT ALL MEAL TIMES**